

# South Dakota National Guard

## Family Programs Annual Briefing



"Mission First, Families Always"



# Family Readiness Group Lead Volunteer

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- My name is \_\_\_\_\_
  - Phone Number
  - Email:
  
- This slide and information is optional
- Can change to reflect Unit commander or 1SG – (whoever is doing the brief).



# What is Your Unit's Family Readiness Group?

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- It is the Commander's tool (for both deployment and non deployment)
- Done in partnership with Service, Family and community members, volunteers, and civilian employers
- To develop strong and resilient Families
- That can support separations due to deployments, annual training, State Active Duty, and schools.



# The Family Readiness Group Mission?

Their mission is to assist Commanders in maintaining the readiness of Service and Family members.

- Done By:

- Building information networks for unit Families
  - Telephone Trees
  - Email and mailing lists
- Getting to know other unit Families
  - Christmas Parties, Family Picnics
- Educating and informing unit Families
  - About benefits, programs, resources
  - Unit's mission



# The Family Readiness Group Mission?

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## Done By:

- Preparing Families for mobilization
  - Resiliency (Life Skills) Training
  - Education about wills, power of attorneys
- Providing support
  - Connection to other military families who are experiencing like issues, same military lifestyle
- Referring Families for assistance
  - Family Assistance 1-800-658-3930
- Providing Kid's connection to the unit
  - Connection to other military kids
  - Camps, Youth Council



# WHY belong to YOUR unit's Family Readiness Group?

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- To Gain information about the military and how it works
- To Learn about your service member's unit and their military job
- To Become informed and connected to resources
- To Learn about military benefits available right now
- To Get official news about the unit
- To Gain mutual emotional & physical support from other unit Families (common bond)
- To Be mobilization ready as a Family
- To Make new friends
- To Have fun



# Be READY – Do This NOW!

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- Give YOUR Family Readiness Group YOUR current Family Member Contact information
  - For Family Member Telephone Trees and email lists
- Update Wills/power of attorneys
- Update Joint accounts / accounts
- Share Computer passwords –
  - Army Knowledge Online (AKO) [www.us.army.mil](http://www.us.army.mil)
  - Military Pay - <https://mypay.dfas.mil/mypay.aspx>
- Update Emergency Data Card - (DD93)
- Update Information on life insurance (Service member's Group Life Insurance)
- Share location of water shut offs, fuse box, septic systems & financial information
- Develop Business / Job Care Plans



# Be READY – Do This NOW!

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- Individual Responsibility

- Keep your Family informed
- Keep your employer informed
- Encourage your Family to participate in unit events
- Inform them of your training dates
- Share your unit newsletter
- Include your Family
- Ensure they understand benefits available
- Provide them with emergency notification process when at training
- Do a Family Care Plan with JAG (legal) assistance (if necessary)
- Do a Business / Job Plan (if necessary)





# READINESS – Do This NOW!

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- Single Service members – have you considered?
  - Who will make your payments?
  - What will you do with your house/apartment?
  - What will you do with your possessions?
  - Are you in school – what is the school policy regarding military duty?
  - What will you do with your vehicle?
  - What will you do with your pet?
  - Keep your Family informed.
  - Keep your employer informed.



# Benefits Available

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- Verify DEERS (Defense Eligibility Enrollment Reporting System) Enrollment
  - DEERS is KEY to the benefits and entitlements for Families that are listed below:
- ID cards – Do your spouse and children (10 & over) have one ?
  - Many businesses give military discounts with an ID card
  - Contact your unit to make an appointment.
- TRICARE – [www.triwest.com](http://www.triwest.com) or 1-888-874-9378
  - TRICARE Reserve Select (Jan 12 – premiums)
  - Service Member monthly premium \$54.35
  - Soldier and Family monthly premium \$192.89



# Benefits Available

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- DEERS is KEY to benefits and entitlements for Families that are listed below:
- Military Pay – <https://mypay.dfas.mil/mypay.aspx>
- Service member's Group Life Insurance Family Coverage
  - Provides up to maximum of \$100,000 of insurance coverage for spouses, not to exceed the amount of coverage the insured service member has
  - \$10,000 at no cost for each dependent child
- Order from Army & Air Force Exchange (AAFES) catalog – [www.aafes.com](http://www.aafes.com) – no sales tax (online)



# Benefits Available

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- Armed Forces Recreation Centers – reduced cost vacations
  - Available Worldwide
  - Cost based on rank
  - [www.govarm.com](http://www.govarm.com)
  - [www.afvclub.com](http://www.afvclub.com)
  - [www.shadesofgreen.org](http://www.shadesofgreen.org)
  - [www.armymwr.com](http://www.armymwr.com)
  - [www.armedforces.com](http://www.armedforces.com)
  - [www.military.com](http://www.military.com)
  - [www.halekoa.com](http://www.halekoa.com) (1-800-367-6027)
  - [www.herosalute.com](http://www.herosalute.com)
- Commissary (military grocery store) - [www.commissaries.com](http://www.commissaries.com)
  - Unlimited Access
  - Big savings
  - No tax



# Benefits Available

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- Simple Wills, Power of Attorneys, Family Care Plans
  - Accomplished through state JAG (Judge Advocate General) Office
  - Free of charge
  - Do request through your unit – Chain of Command



# Family Assistance

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- What is Family Assistance?

Family Assistance provides information through Six Essential Services.

Crisis Intervention and Referral

Legal Resource and Referral

Financial Resource and Referral

TRICARE Resource and Referral

ID Cards and DEERS (Defense Eligibility Enrollment Reporting System)

Community Information and Outreach



# Family Assistance

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- Family Assistance personnel are the “One Stop Shop” for assistance and referral for Families.
- 1-800-658-3930 or [michele.m.anderson@us.army.mil](mailto:michele.m.anderson@us.army.mil)
- Services are free and confidential!

How may we ASSIST you?



# South Dakota National Guard Youth Program

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- Deployment Training
- Reunion Training
- Drug & Alcohol Education / Awareness
- Peer Counseling
- Pen Pal Program
- Operation Military Kids
- Youth & Teen Camps





# Youth Program - Camps

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## South Dakota Military Youth Leadership Camp

- Summer
- Ages 10-13 (age 10 by June 1<sup>st</sup>)

## South Dakota Military Teen Camp

- Summer
- Ages 14-17 (age 14 by June 1<sup>st</sup>)



# Department of Defense Military & Family Life Consultants (MFLC)

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- Military & Family Life Consultant Program established to provide non-medical, short term, problem solving counseling services.
  - Address issues that help Service Members and their Families cope with normal reactions to stress and challenges of military life.
  - Services are FREE and CONFIDENTIAL.
  - Services are available to Service and Family members for up to 12 prepaid, face-to-face counseling sessions per issue.



# Military & Family Life Consultants

ALSO available to:

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Conduct “Prevention Through Education”  
Classes at the Unit or Family Readiness  
Group Meetings.

Some topics are:

- Stress Reduction
- Parent Education
- Family Dynamics
- Child and Youth Education
- Deployment and Reunion



# Military & Family Life Consultants Contact:

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- Renee L. Oler

- Military & Family Life Consultant
- Rapid City
- Phone: (605) 393-5953

- Michelle Ruesink

- Child and Youth Behavioral - Military & Family Life Consultant
- Brookings
- Phone: (605) 251-1582



# Military One Source

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- Military One Source – <http://www.militaryonesource.com>

or call - 800-342-9647

- All services available at NO COST to you and your Family and are CONFIDENTIAL
- Newsletters, articles, worksheets, and online libraries are available AT NO COST
- Can help to locate child care, summer camps, mechanics, etc in your local area at NO COST
- Financial Information and Income Tax Services AT NO COST
- 12 private in person, telephonic or online counseling sessions in your local area. (Can utilize this service more than once for different issues) at NO COST



# Department of Defense Yellow Ribbon Reintegration Program

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- All National Guard units are required to hold Yellow Ribbon events and activities for their service members and Families.
  - Events are held during the deployment cycle
  - Provide specific information on benefits, services, and resources that are available during and after deployment.
  - Attendance by Soldiers is mandatory.
  - Soldiers are encouraged to bring their families.



# Yellow Ribbon Events

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- Pre-Mobilization (Family Day) - 30 to 45 days prior to deployment
  - For service members and their Families
- During Mobilization - (Sustainment Events) at 30 to 60 days after deployment has started
  - For Families
- Reunion Event - held at 30 to 60 days prior to unit's return
  - For Families



# Yellow Ribbon Events

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- 30 Day Reintegration Event after Unit's return
  - For service members and their Families
- 60 Day Awareness and Well Being Event after Unit's return
  - For service members and their Families
- 90 Day Post Deployment Health ReAssessment unit's return
  - For service members only



# Strong Bonds Events...

*Strong relationships mean a strong Guard!*

*Sponsored and Conducted by the Chaplains Corps*

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- Lodging and majority of meals are free!
- Spouses and single Soldiers placed on Defense Travel System (DTS) orders to cover mileage
- Service members can attend in drill status
  - Unit determines



# Strong Bonds Events

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## 1. Survival Skills for Healthy Families

21-22 January 2012 in Rapid City

- Survival Skills for Healthy Families is education for families, including children ages 6 and up

## ■ 2. Got Your Back for Singles

21-22 January 2012 in Rapid City

## ■ 3. Laugh Your Way to a Better Marriage

21-22 January 2012 in Rapid City

- “Laugh Your Way” author Mark Gungor’s candid and comedic approach.  
[www.laughyourway.com](http://www.laughyourway.com)



# Strong Bonds Events

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1. Strong Bonds Post Deployment

10-11 March 2012 in Sioux Falls

2. Got Your Back for Singles

10-11 March 2012 in Sioux Falls

- 3. Laugh Your Way to a Better Marriage

10-11 March 2012 in Sioux Falls

- "Laugh Your Way" author Mark Gungor's candid and comedic approach.  
[www.laughyourway.com](http://www.laughyourway.com)



# Strong Bonds Events

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Laugh Your Way to a Better Marriage (Led by Air National Guard)  
16-17 June 2012 in Sioux Falls

"Laugh Your Way" author Mark Gungor's candid and comedic approach.  
[www.laughyourway.com](http://www.laughyourway.com)



# Strong Bonds Events

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1. 7 Habits for Highly Effective Families

18-19 August 2012 in Rapid City

- 2. 7 Habits for Highly Effective Singles

18-19 August 2012 in Rapid City

- 3. Laugh Your Way to a Better Marriage

18-19 August 2012 in Rapid City

- "Laugh Your Way" author Mark Gungor's candid and comedic approach.  
[www.laughyourway.com](http://www.laughyourway.com)



# Strong Bonds Events...

*Strong relationships mean a strong Guard!*

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- Go to Facebook and search South Dakota National Guard Strong Bonds for more information
  - <http://www.facebook.com/SouthDakotaNationalGuard>
  
- To register
  - Email [leah.j.braun@us.army.mil](mailto:leah.j.braun@us.army.mil)
  - Call 605.737.6658



# State Family Programs Office

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<https://sdguard.ngb.army.mil>  
[familyprogram@sd.ngb.army.mil](mailto:familyprogram@sd.ngb.army.mil)  
1-800-658-3930

- Director, Soldier and Family Support Services -
- Lieutenant Colonel Bryan Jacobson
  - 605-737-6728 / 605-415-3131
- Youth – Taryn Broomfield
  - 605-737-6919 / 605-415-1807
- Youth – Candice Tvinnereim
  - 605-787-3312
- Family Assistance – Rapid City – Michele Anderson
  - 1-800-658-3930 / 605-737-6079
- Family Assistance – Brookings – Kim Chase
  - 1-866-597-0017 / 605-696-5416
- Family Readiness - Lynn Wright
  - 605-381-5761 / 605-737-6089
- Chaplain Support – Lieutenant Colonel Lynn Wilson  
605-737-6009

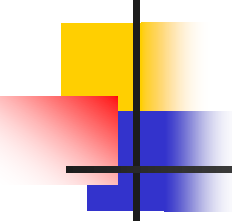


## Resources Available – Information & Education

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- State National Guard Website
- For current information on resources
  - Current dates and locations for Family Readiness Training
  - SD National Guard Youth and Teen Camps
  - Log onto <https://sdguard.ngb.army.mil> and go to the Family Readiness link



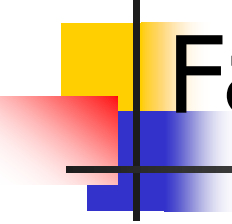


# South Dakota National Guard Family Programs

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- “FAMILY READINESS IS WHEN FAMILIES ARE PREPARED AND EQUIPPED with the skills and tools to successfully meet the challenges of military life.”

“Becoming Family Ready  
and staying Family Strong”



# South Dakota National Guard Family Programs

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# Questions

# Thank You!

Call 1-800-658-3930 or  
[familyprogram@sd.ngb.army.mil](mailto:familyprogram@sd.ngb.army.mil)

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South Dakota National Guard

"Mission First – Families Always"

State Family Programs Office